

Hawaii MARINE LIFESTYLES

HAWAII MARINE B SECTION

FEBRUARY 3, 2006



Lance Cpl. Roger L. Nelson

On the town side of the Pali, a dramatic view of Oahu Cemetery, a historic gaveyard and buddist temple, which was founded in 1844. In the background several downtown apartments are visible.

Discover isle lore at the Pali

Isle lookout is a favorite site for tourists, historians and families

Story by Lance Cpl. Edward C. deBree
Combat Correspondent

Towering over the windward side of the island of Oahu is the Koolau Mountain Range. On this particular range lies the Nuuanu Pali Lookout, a place where people can gaze upon the beauty of the Windward side.

Many people visit the lookout to take in all the sights the Pali has too offer. Looking down, people can see, Ho'omaluhia Botanical Garden, Chinaman's Hat, Kaneohe Bay, and the Mokapu Peninsula.

"It's beautiful up here," said Paul Sanchez, a first time visitor to the Pali.

Aside from their beauty, the 3,000-foot, Koolau mountains have a rich his-

tory.

According to the historical marker at the lookout, in 1795 King Kamehameha I, in an attempt to unite the Hawaiian Islands, forced thousands of Hawaiian warriors off the cliffs of the Pali.

"This place offers two things for people, a great view and a history lesson," said Edward Lunaliloonalanikekoa, a tour guide trainee for a local tour company. "There are many trails that lead up here. A good one is the old (Pali) highway, which people always hike up."

Nuuanu Pali Lookout is open from 9 a.m. to 4 p.m. everyday with free admission and parking. Visitors are encouraged to remove their hats and hold onto their children, due to frequent wind gusts.



Lance Cpl. Roger L. Nelson



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Above — Roger Arsenault holds Caleb A. Sammons as Kathy R. Sammons, Air Force dependent, looks out at Oahu near the Pali lookout point located off the H-3.

Left — Vicki J. Weathers, a Columbus, Ohio native, takes a picture of the Koolau Golf Course from the Pali Lookout, during a tour of Oahu.

Sweet deals for your sweetie

Yibeli Galindo-Baird

Marine Corps Community Services

Roses are red, violets are blue, do you know what Valentine's events will be taking place on base for you? Plenty of romantic happenings and activities for both singles and couples alike. They say the way to a person's heart is through their stomach. The clubs on base will endorse this belief by preparing menu specials and romantic dinners.

The Staff NCO Club and The Officers' Club, for example, will feature special menus on Feb. 11. The Staff NCO Club will host its Valentine's Day dinner from 5:30 to 8:30 p.m. The event will take place in the dining room, which will be open to all hands in an effort to offer all residents on base a local option at a reasonable price for those on a budget. Upon arriving, ladies will be given flowers and a warm smile from the friendly staff. Once seated at your reserved table, a three-course meal will be served. It all begins with soup and salad, followed by your choice of steamed fresh fish or roast tenderloin with shiitake mushrooms. All this is topped off with a special dessert for two. There will be live music and after-dinner cigars and cordials in the Rocker Room lanai. This romantic dinner is available for \$24.95 to members or \$27.95 to nonmembers. Those interested are asked to purchase tickets no later than Feb. 9. Tickets can be purchased by calling the club at 254-5481 and requesting that the tickets be made available for pick up at "Will Call."

If your weekend is too busy, The Officers' Club will also offer

another opportunity on Valentine's Day for diners. Doors will open at 6 p.m. Some of the menu items offered are duck a la Chinatown or petit filet mignon with jumbo shrimp. The meal includes a glass of champagne and a chocolate dessert. O' Club members pay \$45 for their dinner while nonmembers can take advantage of the club's cuisine, ambiance and view for \$53. Call 254-7650 for reservations. Kahuna's Sports Bar & Grill, not to be outdone, will also offer menu specials that will make you fall in love with this facility. Also at 6 p.m. on the 14th, Kahuna's will showcase its alter ego and become the Lonely Hearts Club. Patrons can enjoy great food, watch "Un-Valentine's Day" movies and munch on fresh popcorn. Details are available at 254-7660. Children can also celebrate Cupid's month by visiting the K-Bay Base Library on the 11th for their "Make a Treat for your Sweet" Program. This special Storytime, at 1 p.m., will feature stories about Valentine's Day, and will provide children with an opportunity to make a special gift for their loved ones. For more information, call "Auntie Lori," the Storytime reader, at 254-7624. The Marine Corps Exchange has also begun its "Sweetheart Sale," which appropriately runs through Valentine's Day. This should give shoppers plenty of time to purchase romantic items such as men's and women's fragrances, jewelry, watches and more. Call the MCX at 254-3890 for hours of operation.



Lance Cpl. Roger L. Nelson

Sgt. Jason D. Graul, technician, Marine Heavy Helicopter Squadron 363, kisses his wife, Jennifer, upon returning from deployment. The Staff Club and the Officers' Club will feature special Valentine's Day menu's.

MARINE CORPS COMMUNITY SERVICES

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Kahuna's Sports Bar & Grill

254-7660/7661

Live entertainment – Get in a weekend frame of mind by heading to Kahuna's tonight for an evening of live music that features "Slug." Their repertoire includes yesterday's hits from Led Zeppelin, Black Sabbath, Jimi Hendrix, Deep Purple and Aerosmith to today's songs by Tool, Godsmack, Rage Against the Machine, White Zombie, and more. The fun starts at 10 p.m., but be sure to arrive early to save seats for your crew.

Ultimate Fighting Championships – This Saturday, don't miss the UFC57 World Light Heavyweight Championship via DirecTV satellite feed at Kahuna's. Doors open at 4 p.m., and the first fight, shown on plasma screens, begins at 5 p.m. The main event will feature Chuck Liddell vs. Randy Couture, with eight other fights following on this card.

Super Bowl Party — Your' re invited to Kahuna's this Sunday, starting at 12 p.m., to claim the best seats on comfortable recliners and couches. There will be 25-cent wings throughout the game as well as a special menu, games and prizes. The game will also be shown at the Recreation Center's surround-sound theater, a non-alcoholic venue.

Swing and Salsa Lessons – If you consider yourself rhythm impaired, then these classes may be for you. Drop by Kahuna's Community Ballroom and for just \$2, you can learn the basics of these fast-paced, passionate dances. Mondays feature Swing classes, and Tuesdays offer Salsa instruction. After a few of these lessons, you'll dance your nights away. For more information, call 254-7660.

Hot Country Night at Kahuna's – Country music lovers of all kinds are invited to Kahuna's see the master of all things country — Charlie Garrett. Garrett plays the oldies but goodies, new music by new country singers and just about everyone between. If you get there early enough, you can take part in the weekly pool tournament for \$10.

Staff NCO Club

254-5481

Membership Appreciation Night — This is one of the many privileges of membership at the SNCO Club. Beginning at 4:30 p.m., members can drop by the club tonight for an evening of apprecia-

tion, complimentary pupus and beverage service at the Rocker Room. This is a members-only event, so be sure to bring your current identification card.

Pub Night at the Pub with No Name – The Rocker Room will transform into its nameless alter ego this Wednesday with this new weekly evening program. From 6 to 9 p.m. every Wednesday to Saturday, drop by our "Pub with No Name." From mozzarella sticks to salads, from sandwiches to burgers, this new phenomenon will make the atmosphere at Cheers Bar feel like it was reborn at the Rocker Room. Best of all, members will receive discounted pricing on their order by presenting their valid membership card. For more information, call the club at 254-5481.

Texas Hold 'em — Whether you're holding a straight, a flush or a full house, it's anybody's game until the very end. Come watch or play Texas Hold 'em this Saturday, starting at 6 p.m. Members play for \$5, while nonmembers pay \$8. Are you a little rusty at dealing? Then this is the perfect chance to practice as the club is always looking for dealers.

Super Bowl Party — Doors open at 12:30 p.m., Sunday with kickoff time at 1:30 p.m. Hot wings, hoagies, chips and veggie platters will be available. Members can take part for \$6, nonmembers for \$9. At halftime, take part in the Budweiser Lucky Footlocker Giveaway. Simply pick the right combination, and you can walk away with a footlocker full of football gear. Those who qualified to enter the King and Queen of the Quarter Recliner Giveaway must be present to take away their comfortable chair as this will be the night the drawing takes place.

Discount at Fairways Sports Bar and Grill – The Staff NCO Club may be closed on Mondays and Tuesdays, but Fairways offers reduced pricing for Staff NCO members from 11 a.m. to 1 p.m. on those days. Don't forget to show your valid membership card to activate your discount. For more information, call 254-5481.

Officers' Club

254-7650/7649

First Friday Night – First Friday is the one evening every month during which you can showcase The Club's food, folks and atmosphere to your special guests. As the name implies, guests will enjoy pupus at 4:30 p.m., music from 4:30 to 10:30 p.m., and drink specials all evening long.

To invite friends to take advantage of this monthly offering, simply drop by the club and request cards. **Pasta Lunch Buffet** – If you love pasta, this is your meal. Every Tuesday from 11 a.m. to 1 p.m., The Officers' Cub offers a Pasta Lunch Buffet. Simply choose your pasta, sauce and toppings and our chefs will cook it in no time. And if you miss it on Tuesday, the offer is good on Thursday as well.

Mongolian Barbecue – The club's Mongolian barbecue is offered Wednesday and Friday evenings. The barbecue is served in the Lanai Ballroom on the lower level of the club. Be sure to present your card for your member discount. Reservations are recommended, but not required. For more information, call 254-7650.

Champagne Sunday Brunch – With the beautiful vistas of the beach, the mountains and the Kaneohe Klipper Golf Course, you can book a Champagne Sunday Brunch at the club from 10 a.m. to 1 p.m. Among the items from which to choose are teriyaki beef, eggs Benedict, snow crab legs, bacon, Portuguese sausage, and much more. Member pricing is \$17.50 plus \$3 with champagne, while nonmembers price is \$19.95 plus \$3 with champagne. Children 8 to 12 pay \$6.95, children 5 to 7 pay \$3.95, and there is no charge for brunch for children 4 and younger. Reservations are highly recommended. Be sure to call ahead for seating arrangements.

Seafood Buffet — The Seafood buffet is a buffet that is offered once a month and features seafood selections on Thursday from 6 to 8 p.m. Menu items include snow crab legs, carved black Angus prime rib, peel 'n' eat shrimp, south of the border ahi poke, and much more. Members pay \$23.95, and nonmembers pay \$27.95.

All Hands FBI Recruitment Brief – Looking to find a career in law enforcement? Do you have foreign-language skills? If so, you may be interested in a position as a special agent with the Federal Bureau of Investigation. This workshop provides an overall review of the FBI agency and expectations, including age requirements, pay and promotions, career assignments, drug policies, minimum qualifications, testing requirements, physical training, medical reviews, and the application process. The presentation takes place this Monday in Building 267, Room 2 from 10 a.m. to 12 p.m. For more information, call 257-7790.

Parenting Proudly — Become a professional at being a parent —

the most important job in your life. A six-week class for parents of children 2 to 12 is now being offered that focuses on discipline, child development, and other parenting issues. Class will meet on Tuesdays from 10 a.m. to 12 p.m. in the Marine and Family Services Conference Room. Childcare is reimbursable upon request. To register, call 257-8803.

Dad's Baby Boot Camp/Mom's Basic Training — Expectant mothers are invited to the Key Volunteer Center from 8 a.m. to 4:30 p.m. where attendees will be taught how to become a care provider for their babies. The training will cover childbirth education and infant care for expecting moms and soon-to-be dads. For details, call 257-8803.

SAT Testing — The Joint Education Center will be offering SAT testing at 7:30 a.m. on Wednesday. This test is one of the most widely used and accepted college entrance acceptance examinations. For more information, call the JEC at 257-2158.

PCS Move Workshop — This program is scheduled for Wednesday from 8 a.m. to 12 p.m. and is designed to give single and married service members and their families information, resources, and the tools needed to plan their permanent change of station move. Presentations will include information from Transportation Management Office, Housing, Temporary Lodging Assistance, Finance Office, Personal Financial Counselor, Exceptional Family Member Program and Tricare. The workshop also includes Relocation and Anti-Terrorism, Level 1, briefs. Service members do not need to have orders in hand to attend, but registration is necessary. Attendance is mandatory for active duty Marine Corps personnel. For more details, call 257-7790.

Sponsorship Training — This class, scheduled for Thursday from 9 to 11 a.m. is mandatory for all personnel assigned as sponsors for inbound service members. It provides a complete outline of sponsor's duties. For more information, call the Relocation Assistance Program Office at 257-7790.

USMAP Apprenticeship Orientation — Drop by the Joint Education Center to sign up for this session, taking place on Thursday at 1 p.m. The session will provide information about the United Services Military Apprenticeship Program, which is the largest apprenticeship program sponsor registered with the United States Department of Labor. Through the USMAP, participants can earn a journeyman's license and

Certificate of Apprenticeship, based on their Military Occupational Specialty and everyday work. For more information, call 257-2158.

Hawaii Heroes Special: Promotion Extended — The Polynesian Cultural Center salutes the military. Drop by ITT at Mokapu Mall or Camp Smith to take advantage of this promotion, which is now extended through February. With the purchase of one Polynesian Cultural Center ticket, active-duty military personnel may visit for free on a ticket of equal or lesser value. This includes all packages up through the Luau level.

Entertainment 2006 and Diners Club 2006 Discount Books Whale Watching Tours — If you've been dying to see one of these imposing mammals up close, drop by ITT to pick up tickets for tours aboard the Star of Honolulu, Navatek or the Pacific Splash. Prices start at \$23 and are available for children as young as 2. Drop by for details, but hurry — this promotion ends April 30.

Marley Fest '06 — Tickets are currently on sale for this tribute to Bob Marley. The Feb. 10 concert, being held at Hawaiian Waters Adventure Park in Kapolei, features more than 25 bands and DJs on its four stages. For more information, call ITT at 254-7563 or 477- 5143 at Camp Smith.

Base Library Exhibit — Visit the K-Bay Base Library this month to see "Africa in the Americas." This display welcomes African-American History Month with text and images that describe the arrival of Africans to the "New World." A second display of notable African-Americans will also be presented throughout the month. For hours of operation, call the Library at 254-7624.

Pro Bowl Volunteers Needed — Personnel who are interested in watching the Pro Bowl up close and maybe seeing more behind-the-scenes are invited to contact the Single Marine & Sailor Program as they are actively recruiting for volunteer positions for the Feb. 12 game. Call 254-7593 for more information.

Ongoing Safety Inspections Available at the Auto Skills Center — Wondering where to go for that safety inspection required for your vehicle registration? Look no further. The Auto Skills Center is available Monday through Friday from noon to 6 p.m. and on Saturdays, Sundays and holidays from 9 a.m. until 3 p.m. — or until openings are filled. For more information, or to make an appointment, call 254-7675.

MOVIE TIME

Prices: For Friday and Saturday shows at 7:15, prices are \$3 for adults, 12 and older; \$1.50 for children 6 to 11. Matinee prices are \$2 for adults, \$1 for children. Parents must purchase tickets for R-rated movies in person at the box office for children 16-years-old and younger. Prices for Sunday, Wednesday shows at 6:30 and Friday and Saturday shows at 9:45 are \$2 for adults and \$1.50 for children. Show your ID card when purchasing tickets. Entry is free for children 5 and younger. **Sneak Preview Policy:** One hour and 45 minutes prior to the movie, tickets will be issued to first priority patrons waiting in line, then second and third priority patrons. In an effort to prevent piracy, the following security measures will be enforced on base for sneak preview screenings: bag checks, confiscation of cameras or cell phones with picture taking capability (items will be returned after screening), magnetometer wand, audience scanning with night vision goggles during screening. The Base Theater and film companies thank you in advance for your cooperation and hope you will enjoy the show. For recorded information, call the Base Theater at 254-7642.

The Chronicles of Narnia (PG),	Today at 7:15 p.m
Syriana (R)	Today at 10 p.m. (Special time)
SNEAK PREVIEW (PG-13)	Saturday at 7:15 p.m.
Cheaper By The Dozen (PG)	Saturday at 9:45 p.m.
Syriana (R)	Sunday at 2:00 p.m.
Pride & Prejudice (PG)	Sunday at 6:30 p.m.
Aeon Flux (PG-13)	Wednesday at 6:30 p.m.
King Kong (PG-13)	Friday at 7:15 p.m.
NO LATE SHOWS	

Australians celebrate Birthday



Members of the U.S. Navy Cadets stand by to lower the flag for evening colors Jan. 26, during a celebration for Australia’s national birthday.

Story and Photos by Lance Cpl.
Roger L. Nelson
Combat Correspondent

Australia’s Navy Cadets visited the Battleship Missouri Memorial Jan. 26 to celebrate their national birthday and put on a rifle and drum display for attendees and Marines who helped the cadets prepare.

“We’ve been doing fundraisers for about two years to make this trip possible. It gives us an opportunity to celebrate Australia’s birthday in a way no other cadet program has ever done,” said Australian Navy Lt. Andy C. Carlson, commanding officer, T.S. Canning, Australian Navy Cadets. “It’s fantastic to be here, working with these kids. It’s a once in a lifetime chance for most of these kids, and I’m glad I get to be a part of it.”

The Australian Navy Cadets raised more than \$50,000 toward their weeklong visit to Hawaii.

“I’ve been working with the United Stated Navy Cadets for about eight years now, and I love it,” said Sgt. Clinton C. Schwartz, battalion primary marksmanship instructor, Headquarters Battalion.

According to Schwartz, the U.S. Navy Cadets have been working with the Australian cadets for about six months planning for this trip.

“We’re really glad to be here. It’s been an amazing trip for everyone,” said Australian Navy Lt. Phil Plavall, executive officer, T.S. Canning, Australian Navy Cadets. “The kids love it here and seem to be having the time of their lives.”

During their trip, the cadets attended a luau at Paradise Cove.

In celebration of Australia’s birthday, they’re also scheduled to spend a night aboard the Missouri.

“The luau was definitely the highlight of my trip so far,” said Jillian Carlson, leading seaman, Australian Navy Cadets. “I’m looking forward to staying the night on Missouri. All of the work we put into the trip with fundraising and all, has definitely been worth it.”



Jillian Carlson, leading seaman, Australian Navy Cadet, stands in formation while waiting for evening colors to play during a celebration of Austalia’s national birthday Jan. 26, at the Battleship Missouri Memorial.



Sgt. Clinton C. Schwartz, battalion primary marksmanship instructor, Headquarters Battalion, stands at parade rest in front of his formation of U.S. Navy Cadets Jan. 26, at the Battleship Missouri Memorial.



Australian Navy Cadets play their drums for attendees of their birthday celebration. At the celebration, cadets also performed rifle drills.

Military docs train local students

Cpl. Michelle M. Dickson
Combat Correspondent

Annually at the Branch Medical Clinic, local high school students get a taste of what being a doctor is all about. This year, eight Kailua High School students are attending the clinic's student internship, during which they are given the opportunity to speak one-on-one with the doctors, medical assistants, hospital corpsmen and support staff that help keep base personnel healthy.

The internship runs from January through mid-March, during which time students are scheduled to visit the clinic for a couple of hours several times a week.

"We first did the program last year and thought it was a great opportunity for both the students and military," said Cmdr. Julie Miavez, director, Branch Medical Clinic. "We cover anything from what the health care professionals do, to what the health care administrators do. We allow the students to experience every job field that is offered in the clinic."

The Columbus, Ohio native said at the end of the internship, the students pick what profession has interested them the most and then spend the last two days just in that work

section to learn even more. "This is my first time on a base and the first time I've been to this internship," said Shannon Hisatake, a 17-year-old senior at the high school. "I really like it so far. I'm learning a lot and everything looks really organized – like a real doctor's office."

The Kailua native said she hopes to one day be a pediatric nurse. She added that she became interested in the medical field when she learned of the courses and internships offered through her high school.

"I hope to attend Orange Coast College in Orange County, California when I graduate and then move on to a major university," said Hisatake. "I don't want to overload myself right away, but I know that I will push myself and the outcome will be great."

During the days, the students are allowed to watch eye exams and other relatively simple exams – with the patient's consent – and ask questions about what is going on.

"The doctors are proud of what they do and they are happy to have



Cpl. Michelle M. Dickson

Shannon Hisatake, 17, looks on as Chief Petty Officer Tim Eggleton, flight engineer, Patrol Squadron 9, gets his back examined by Lt. Jake Sellon, flight surgeon, Anti-Submarine Squadron Light 37. Hisatake was part of the internship from Kailua High School.

the opportunity to teach and show off their profession," said Miavez. "The internship also allows the community to see how we operate in a war-time, because we have such decreased manpower."

Heidi Unten, a science and health occupations teacher at the Kailua school, attended the event last year with her student. She said that the

internship allows the students to be more focused on their profession of choice.

"I like to tell the students that what they learn in class, such as communication skills and professionalism, must be applied firsthand," said the Honolulu, Hawaii native. "All they have learned must now be put into a real-life situation.

It's kind of like bridging the gap for them."

"This is really turning out to be a great experience for me," said Shayna Kalawaia, 17-year-old senior, Kailua High School. "I think this is really helpful to me toward making my final decision. It has made me a lot more familiar with the medical environment."

HAWAIIAN FOR "MARINE BARGAINS"

Garage Sale

Collectables, household, toys, clothes, bikes, new golf clubs. Friday and Saturday, Feb. 3 and Feb. 4, 2006 from 8 a.m. to 5 p.m. at 6448B Webb Court off Cochran.

Appliances

Used Kenmore Washer and Dryer, excellent condition, \$150 for both or negotiable price if sold separately; Kenmore microwave, excellent condition, \$50; Kenmore refrigerator, good condition, \$50. Call 263-2412.

Automobiles

1999 Mercedes Benz E320, 5,000 miles, white with gray interior, excellent condition, 13 months left of transferable extended warranty, \$18,000. Call 262-7953.

1999 Nissan Altima, automatic, good condition, \$3,200, or best offer. Call 351-5132.

2003 Chevy Trail blazer, 26,00 miles, All Wheel Drive, towing package, leather seats, DVD player, premium sound, and roof racks, \$19,000. Call 780-6462.

Furniture

Asley solid wood coffee table, \$200, washer and dryer, \$150, queen mattress with box spring, \$150, convertible crib, \$225, car seat, \$50. Call 206-7291.

Sharp TV, 27" screen with entertainment center, \$120 for both, or \$100 for TV and \$25 for entertainment center. Call 254-3830

Ashley Queen-size box spring, great condition, must sell, \$100. Call 343-4532.

Pets

Free cats, 9 months old, to a good home. Two male and two female, spayed and neutered, microchipped. Call 254-4710.

Ads are accepted from active duty and retired military personnel, their family members and MCB Hawaii civil service employees.

Ads are free, but should consist of no more than 20 words. Ads will appear in two issues of the Hawaii Marine, on a space available basis. Those interested in advertising must bring a valid DoD-issued ID to the Hawaii Marine office.

The deadline for submitting ads to the Hawaii Marine is 4 p.m. the Friday of the week prior to publication.

Forms may be filled out Monday through Friday between 7:30 a.m. and 4:30 p.m. at the MCB Hawaii Public Affairs Office, located in Building 216 aboard Kaneohe Bay. Ads are run on a first-come, first-served basis.

To renew an ad or for more information, call the Hawaii Marine office at 257-8837 or 257-8835.



Cpl. Michelle M. Dickson

Cmdr. Edward Waters, department head, pediatrics, base medical clinic, speaks with Billy Oden, sophomore, Kailua High School., and Marcy Limpahan, senior, about the pediatric medical field during the internship.

ON THE MENU AT ANDERSON HALL



Today

Lunch

Beef Ball Stroganoff
Baked Fish Filets
Macaroni and Cheese
Garlic Roasted Potato Wedges
Mixed Vegetables
Lyonnaise Carrots
Cream Gravy
Raisin Drop Cookies
Assorted Fruit Pie

Dinner

Tacos
Chicken Enchiladas
Chili Conquistador
Burritos
Refried Beans
Mexican Rice
Mexican Corn
Green Beans Creole
Taco Sauce
Raisin Drop Cookies
Assorted Fruit Pie

Saturday

Dinner

Roast Turkey
Chicken Cordon Blue
Mashed Potatoes

Boiled Egg Noodles
Simmered Broccoli
Simmered Succotash
Chicken Gravy
Spice Cake with
Lemon Cream frosting
Sugar Cookies

Sunday

Dinner

Swiss Steak w/Mushroom Gravy
Glazed Rock Cornish Hens
Rice Pilaf
Corn Bread Dressing
Mashed Potatoes
Southern Style Green Beans
Simmered Corn
Brown Gravy
Assorted Fruit Pie
Yellow Cake with
Butter Cream Frosting

Monday

Lunch

Beef Stew
Baked Fish Fillets
Baked Macaroni and Cheese
Steamed Rice
French Fried Okra
Buttered Corn
Cream Gravy
Oatmeal Cookies
Assorted Fruit Pie

Dinner

Italian Veal Steaks
Braised Pork Chops
O'Brien Potatoes
Peas w/onions
Steamed Rice
Mixed Vegetables
Mushroom Gravy
Oatmeal Cookies
Assorted Fruit Pie

Tuesday

Lunch

Chicken Parmesan
Cajun Fish Fillet
Steamed Rice
Boiled Egg Noodles
Simmered Corn
Simmered Asparagus
Tomato Gravy
Oatmeal Raisin Cookies
Assorted Fruit Pies

Dinner

Southern Fried Chicken
Beef Ball Stroganoff
Parsley Buttered Potatoes
Boiled Egg Noodles
Simmered Pinto Beans
Club Spinach
Chicken Gravy
Oatmeal Raisin Cookies
Assorted fruit Pie

Wednesday

Lunch

Salisbury Steak
Barbeque Chicken
Rice Pilaf
Oven Browned Potatoes
Corn on the Cob
Simmered peas and Carrots
Brown Gravy
White Cake w/Lemon
Cream Frosting
Apple Cobbler
Assorted Fruit Pies

Dinner

Beef Yakisoba
Orange Chicken
Fried Rice
Steamed Rice
Simmered Broccoli
Fried Cabbage w/Bacon

Chicken Gravy
White Cake w/Lemon
Cream Frosting
Apple Cobbler
Assorted Fruit Pies

Thursday

Lunch

Oven Roast Beef
Baked Tuna and Noodles
Steamed Rice
French Fried Cauliflower
Vegetable Combo
Brown Gravy
Chilled Horseradish
Assorted Fruit Pie
Chocolate Chip Cookies

Dinner

Sauerbraten
Knockwurst w/sauerkraut
Cottage Fried Potatoes
Boiled Egg Noodles
Green Beans w/mushrooms
Creole Summer Squash
Brown Gravy
Assorted Fruit Pie
Chocolate Chip Cookies



Corpsmen awarded Bronze Star

Story By Lance Cpl. Lucian Friel
2nd Marine Division

MARINE CORPS BASE CAMP LEJEUNE, N.C. In combat, Navy hospital corpsmen are relied on to be ready to treat any type of injury or mass causality situation, sometimes risking their own lives in the process.

Petty Officer 3rd Class Jason C. Deguzman, from Santa Rosa, Calif., did this more than once, earning him the Bronze Star Medal for his achievement during combat operations.

On May 13, 2005, the hospital corpsman with Company C, 2nd Light Armored Reconnaissance Battalion, 2nd Marine Division responded to mass casualties that happened when a crowded civilian bus collided into the rear of a light armored vehicle.

The 22-year-old took control of caring for more than 30 wounded personnel, 10 with life threatening injuries. Because of his actions and quick thinking, all Marine and Iraqi casualties were treated and transported to receive the appropriate level of care.

Deguzman responded to another life threatening inci-

dent three days later. On May 16, his vehicle was attacked with an improvised explosive device, wounding him and five of the seven Marines in his vehicle.

Once he regained consciousness, Deguzman worked himself out of the damaged vehicle. Ignoring his own injuries and the threat of a secondary attack, he rendered life-saving treatment to his scout team leader.

Deguzman's actions earned him the Bronze Star Medal, one of the military's most prestigious awards.

He received the medal from Brig. Gen. Joseph J. McMenamin, the assistant division commander, during a ceremony here Jan. 20.

He explained what it felt like to receive the award.

"It was so amazing, I don't even know what to say," he explained. "This is my first big award, and the honor I felt was overwhelming."

After only being in the Navy for nearly two years, Deguzman said he looks forward to the rest of his career.

"I enjoy this job and love working with Marines," he said. "This award was truly an honor and I'm thankful to have been recognized."



Cpl. Athanasios L. Genos

Navy Petty Officer 3rd Class Gilberto M. Rocha, a Navy hospital corpsman with B Company, 2nd Light Armored Reconnaissance Battalion, was awarded a Bronze Star Medal with combat distinguishing device Jan. 20 by Brig. Gen. Joseph J. McMenamin, assistant 2nd Marine Division commander. Rocha put his Marines first when they were injured, taking care of their life-threatening wounds before his own.



Credit Cpl. Athabasuis.L. Genos

Petty Officer 3rd Class Jason C. Deguzman, from Santa Rosa, Calif., receives the Bronze Star Medal from Brig. Gen. Joseph J. McMenamin, the assistant division commander, for his actions in combat as a hospital corpsman with Company C, 2nd Light Armored Reconnaissance Battalion, 2nd Marine Division.

Cpl. Athanasios L. Genos
2nd Marine Division

MARINE CORPS BASE CAMP LEJEUNE, N.C. Huge explosions went off around them as they were attacked by two separate vehicle-borne improvised explosive devices June 10, 2005, injuring two Marines and a Navy corpsman.

Petty Officer 3rd Class Gilberto M. Rocha, a Navy corpsman with Company B, 2d Light Armored Reconnaissance Battalion, was awarded a Bronze Star Medal with combat distinguishing device Jan. 20 for his heroic actions when he ignored his own shrapnel wounds to care for the other two injured Marines.

"It was an honor to get this award from a general," explained the Yokosuka, Japan native, who was presented the medal by Brig. Gen. Joseph J. McMenamin, assistant 2nd Marine Division commander.

Rocha, 20, who grew up on Yokosuka Naval Base, Japan, is familiar to the naval traditions of working hand-in-hand with the Marine Corps. For Rocha, his time was in combat, facing the dangers the enemy had thrown their way in the form of IED attacks.

After the attack, Rocha had sustained shrapnel wounds to his leg, neck and foot. He began the treatment of the other wounded Marines before he thought of tending to his own injuries.

"This was my first deployment, and I had only been out into the fleet for about three months before we left for Iraq," Rocha explained.

Many Marines and sailors have been coming right out of training and going to Iraq to replace their brothers-in-arms. Rocha was another one of the sailors who only had his field medical school training when he took his first steps into the combat zone.

"I gained a lot of training I hadn't gotten the chance to receive back home," Rocha explained. "I liked working with my platoon, because they gave me the chance to learn more."

In the face of danger, his training took over as he demonstrated great courage, initiative and selfless actions. For his actions he suspected he would get an award, but not one as prestigious as this.


"I thought it was going to be something lower, but when I found out about what I was getting, I was very surprised," Rocha explained.

Rocha left home as a young, junior sailor and has returned a war-hardened hero who offered two Marine Corps families the chance to see their sons once more.

MOVIE REVIEWS

NOW PLAYING.....

Annapolis



Hollywood’s Navy film unrealistic

‘Annapolis’ tries too hard

Cpl. Michelle M. Dickson
Combat Correspondent

If asked, it seems that most people would say that the United States Naval Academy at Annapolis, Maryland, is an extremely prestigious, extremely difficult school to be accepted into, and then to graduate from.

So why not have a not-so-bright boy with an attitude problem be the one to do it? This is exactly what you get with Justin Lin’s, “Annapolis,” which is a little too far-fetched and a little too cheesy for my recommendation.

In this flick, Jake Huard, who is played by James Franco, is a young man who dreams of one day getting into that prestigious school, which is located across from the shipyard where he and his father work. What is the problem that stands in his way? It’s probably the fact that he wouldn’t have the grades. Simple enough, right?

Well, now, of course, a spot is about to magically open for him, after all, I’m sure there would be no one else who could possibly be slightly more qualified.

Let’s see, now let’s move on to other things that would obviously happen in a real-life situation. I’m sure while you’re attending the academy, your roommate would be kicked out for missing a shower, but if you have a severe attitude problem and punch your senior midshipman, as Huard did to Lt. Cole, played by Tyrese Gibson, twice before that you’ll probably be okay.

Let’s also not forget that Huard initially got off on the right foot when thinking he was getting hooked up with a prostitute; she would, of course, turn out to be one of his superior officers, played by Jordana Brewster.

The movie just spirals more and more into different situations. Maybe you’ll think the movie switched into a boxing flick. Oh yes, there are many twists and turns.

Franco is good at playing a student whose determination almost makes you feel for him. But the determination and will to succeed is soon cancelled out by his bad attitude, and you almost find yourself wanting to yell at the screen for him to stop crying about everything and finish, already!

If given the opportunity to never see this movie again, I’ll take it. I had a bad feeling before I stepped into the theater, and now I know why. I lost a few dollars for a few hours of a Walt Disney movie; trying so hard to be, well, hard.



Navy flick worth your money

Lance Cpl. Roger L. Nelson
Combat Correspondent

How does an average Joe go from working in a shipyard with his father to the United States Naval Academy — overnight? Watch Director Justin Lin’s “Annapolis,” and you’ll find the answer.

The new flick “Annapolis” starts off with Jake Huard, played by James Franco, boxing with his good buddy in an amateur match, but lurking in the audience is a uniformed serviceman with good news for Huard.

At work the next morning Huard is called from his job to speak with a Navy officer from the Naval Academy.

To Huard’s surprise and satisfaction, he learned he has been accepted to the Naval Academy, but he has to be ready by 6:30 a.m. the next day, putting him further behind the rest of the students who had presumably already known about their acceptance for months.

Once news spread of Jake’s

luck, his friends took him out to a bar for a little party the night before he left. While at the bar, he spotted a beautiful woman across the room, and Huard is told that she is his going away present — implying the woman was a prostitute. Needless to say, she was far more than a paid escort, which Huard soon learned.

During his first day at the Naval Academy, Huard discovers the “gift” from the previous night, played by Jordana Brewster, is none other than his superior officer.

After a few minutes of training at the Naval Academy, the students are introduced to their big, bad midshipman, Lt. Cole, played by Tyrese Gibson.

At first glance, Huard and Cole appear to already hate each other, and this seemed to escalate as the movie continues.

The movie then takes viewers through the vigorous train-

ing Jake and his other classmates had to endure in order to become Navy officers.

Some of the scenes were kind of corny, and it’s hard to tell whether the movie is a romance flick or a boxing movie. Needless to say, the movie had an inevitable ending.

It wasn’t a bad movie, it just needed to stay on track and stop switching from one problem to the next. First it was the issue that Jake’s father didn’t want what was best for Jake. Huard then falls for someone he is forbidden to see due to fraternization rules, and then there’s the whole wanting to kill Cole dilemma. He just should have stopped being such a drama queen and sucked it up.

You all should still go out and see the movie. It wasn’t horrible — it just needed to stay on one topic instead of bouncing back from one to the other.